



# II OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NORDIC WALKING 2022 - POLANICA-ZDRÓJ - 10KM - 10/4

B4SPORT

**Wydarzenie:** II Otwarte Górskie Mistrzostwa Polski Nordic Walking 2022  
**Organizator:** Polskie Zrzeszenie Nordic Walking  
**Data:** 2022-07-02  
**Miejsce:** Polanica-Zdrój  
**Dystans:** 10 km



Klasyfikacja: OPEN -K

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Laps_5km 5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	ZACZYŃSKA-SKIBA Anna	93	KGHM METRACO	K40-49	1			00:36:10	<b>01:12:47.80</b>		7:16	8.2 (100%)
2	MIELECKA Agnieszka	45	POLIPACK TEAM GWE	K50-59	1			00:36:23	<b>01:13:49.55</b>	+00:01:01 (1.4%)	7:22	8.1 (98.8%)
3	BIELECKA Zuzanna	7	NW CZŁAPSKI TEAM	K40-49	2			00:36:31	<b>01:13:54.80</b>	+00:01:07 (1.5%)	7:23	8.1 (98.8%)
4	LABUS Marzena	40	NORDIC SPORT 2021	K30-39	1			00:36:59	<b>01:16:32.25</b>	+00:03:44 (4.9%)	7:39	7.8 (95.1%)
5	JĘDRASIAK Renata	98	KGHM METRACO	K50-59	2			00:38:23	<b>01:18:37.40</b>	+00:05:49 (7.4%)	7:51	7.6 (92.7%)
6	RAJEK Magdalena	62	NORDIC TEAM CZĘSTOCHOWA	K40-49	3			00:40:11	<b>01:19:32.60</b>	+00:06:44 (8.5%)	7:57	7.5 (91.5%)
7	ABRAMOWICZ Małgorzata	1	EKSPEDYCJA NORDIC TEAM SZCZECIN	K30-39	2			00:38:52	<b>01:19:55.75</b>	+00:07:07 (8.9%)	7:59	7.5 (91.5%)
8	SIEMIĘSKA Marta	64		K30-39	3			00:39:27	<b>01:20:18.10</b>	+00:07:30 (9.3%)	8:01	7.5 (91.5%)
9	SZCZUDLIK Małgorzata	75	KIJKOWE TRZEMESZNO	K40-49	4			00:40:19	<b>01:20:47.90</b>	+00:08:00 (9.9%)	8:04	7.4 (90.2%)
10	CHRZANOWSKA Daria	12	WROCLAWSKIE STOWARZYSZENIE NORDIC WALKING	K30-39	4			00:41:24	<b>01:23:18.80</b>	+00:10:31 (12.6%)	8:19	7.2 (87.8%)
11	KOWACZ Agata	35	SPEEDBAR	K40-49	5			00:40:55	<b>01:23:25.95</b>	+00:10:38 (12.7%)	8:20	7.2 (87.8%)
12	KUŁAKOWSKA Halina	38	KATOWICKI NORDIC WALKING	K40-49	6			00:41:37	<b>01:24:15.10</b>	+00:11:27 (13.6%)	8:25	7.1 (86.6%)
13	WÓJCIK Barbara	90	LUKI TEAM POLSKA	K60-69	1	1		00:42:04	<b>01:24:30.00</b>	+00:11:42 (13.9%)	8:27	7.1 (86.6%)

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									netto 10km	Różn		
14	<b>WOJTAL Marta</b>	<b>86</b>	CIDRY LOTAJOM	K30-39	5			00:41:23	<b>01:24:36.35</b>	+00:11:48 (14.0%)	8:27	7.1 (86.6%)
15	<b>CZAJKA Urszula</b>	<b>14</b>		K60-69	2			00:41:30	<b>01:24:41.80</b>	+00:11:54 (14.1%)	8:28	7.1 (86.6%)
16	<b>JARUGA Beata</b>	<b>27</b>		K40-49	7			00:41:20	<b>01:25:13.50</b>	+00:12:25 (14.6%)	8:31	7 (85.4%)
17	<b>MUSIAŁ Ola</b>	<b>47</b>	NORDIC TEAM CZĘSTOCHOWA	K40-49	8			00:42:39	<b>01:25:30.05</b>	+00:12:42 (14.9%)	8:33	7 (85.4%)
18	<b>ZDRZAŁEK Alicja</b>	<b>92</b>	NORDIC SPORT 2021	K40-49	9			00:41:21	<b>01:26:05.70</b>	+00:13:17 (15.4%)	8:36	7 (85.4%)
19	<b>DYLEWICZ Weronika</b>	<b>22</b>	EKSTREMUM	K18-29	1			00:43:26	<b>01:28:21.35</b>	+00:15:33 (17.6%)	8:50	6.8 (82.9%)
20	<b>SKIBA Beata</b>	<b>65</b>	NORDIC TEAM CZĘSTOCHOWA	K40-49	10			00:43:11	<b>01:28:26.80</b>	+00:15:39 (17.7%)	8:50	6.8 (82.9%)
21	<b>PIĘNKOWSKA Urszula</b>	<b>55</b>	SERCE NORDICA WŁOCŁAWEK	K40-49	11			00:44:12	<b>01:29:17.85</b>	+00:16:30 (18.5%)	8:55	6.7 (81.7%)
22	<b>BUCZKO Agnieszka</b>	<b>10</b>		K40-49	12			00:47:27	<b>01:32:03.00</b>	+00:19:15 (20.9%)	9:12	6.5 (79.3%)
23	<b>NICIEJEWSKA Joanna</b>	<b>48</b>	WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING	K30-39	6			00:46:02	<b>01:33:11.35</b>	+00:20:23 (21.9%)	9:19	6.4 (78.0%)
24	<b>PUZICHOWSKA Małgorzata</b>	<b>61</b>	NORDIKI	K60-69	3			00:45:38	<b>01:33:17.15</b>	+00:20:29 (22.0%)	9:19	6.4 (78.0%)
25	<b>BARCZYK Jolanta</b>	<b>3</b>	NORDIC TEAM CZĘSTOCHOWA	K60-69	4	1		00:46:43	<b>01:33:33.60</b>	+00:20:45 (22.2%)	9:21	6.4 (78.0%)
26	<b>JANKOWSKA Anna</b>	<b>26</b>	OŁAWA-JANIKÓW NK	K40-49	13			00:46:42	<b>01:34:29.60</b>	+00:21:41 (23.0%)	9:26	6.4 (78.0%)
27	<b>POLAŃSKA Agnieszka</b>	<b>59</b>	WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING	K40-49	14			00:46:52	<b>01:34:43.85</b>	+00:21:56 (23.2%)	9:28	6.3 (76.8%)
28	<b>POHL Anna</b>	<b>58</b>		K50-59	3			00:47:05	<b>01:34:55.80</b>	+00:22:08 (23.3%)	9:29	6.3 (76.8%)
29	<b>WOJTYCZKA Alicja</b>	<b>89</b>	NORDIC SPORT 2021	K60-69	5			00:47:57	<b>01:36:36.70</b>	+00:23:48 (24.7%)	9:39	6.2 (75.6%)
30	<b>KEDYS Agnieszka</b>	<b>33</b>		K40-49	15			00:47:11	<b>01:37:32.30</b>	+00:24:44 (25.4%)	9:45	6.2 (75.6%)
31	<b>ZAWADZKA Maria</b>	<b>97</b>	KGHM METRACO	K70+	1			00:47:51	<b>01:37:58.40</b>	+00:25:10 (25.7%)	9:47	6.1 (74.4%)
32	<b>SOROKA-MITUŁA Grażyna</b>	<b>67</b>		K40-49	16			00:46:08	<b>01:38:57.50</b>	+00:26:09 (26.4%)	9:53	6.1 (74.4%)
33	<b>FLORCZYK Joanna</b>	<b>23</b>	WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING NG	K40-49	17			00:48:11	<b>01:39:04.25</b>	+00:26:16 (26.5%)	9:54	6.1 (74.4%)
34	<b>BERNAŚ Kamila</b>	<b>333</b>	WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING	K40-49	18			00:48:43	<b>01:39:07.00</b>	+00:26:19 (26.6%)	9:54	6.1 (74.4%)
35	<b>STANKOWSKA Marzena</b>	<b>68</b>	KIJKOWE TRZEMESZNO	K40-49	19			00:51:27	<b>01:41:45.85</b>	+00:28:58 (28.5%)	10:10	5.9 (72.0%)
36	<b>STOLARSKA Danuta</b>	<b>72</b>	SERCE NORDICA WŁOCŁAWEK	K60-69	6			00:51:46	<b>01:42:58.50</b>	+00:30:10 (29.3%)	10:17	5.8 (70.7%)

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37	<b>STATNIK Genowefa</b>	<b>70</b>	SUCHY LAS	K70+	2			00:50:30	<b>01:44:22.65</b>	+00:31:34 (30.3%)	10:26	5.7 (69.5%)
38	<b>ŚLĘZAK Marta</b>	<b>76</b>		K18-29	2			00:51:58	<b>01:48:49.10</b>	+00:36:01 (33.1%)	10:52	5.5 (67.1%)
39	<b>DUDEK Emilia</b>	<b>21</b>	NYSA BIEGA	K50-59	4	1		00:54:29	<b>01:53:04.65</b>	+00:40:16 (35.6%)	11:18	5.3 (64.6%)
40	<b>ORLIŃSKA Gabriela</b>	<b>50</b>	DZIEWCZYNY Z DZIELNI	K40-49	20	1		00:55:04	<b>01:53:40.00</b>	+00:40:52 (36.0%)	11:22	5.3 (64.6%)
41	<b>BARABACH Danuta</b>	<b>2</b>		K60-69	7			01:01:37	<b>02:06:44.00</b>	+00:53:56 (42.6%)	12:40	4.7 (57.3%)
42	<b>HORODYSKA Katarzyna</b>	<b>24</b>	DZIEWCZYNY Z DZIELNI	K40-49	21	1		01:03:48	<b>02:07:07.00</b>	+00:54:19 (42.7%)	12:42	4.7 (57.3%)
43	<b>CZARNOPOLSKA Bogna</b>	<b>16</b>	DZIEWCZYNY Z DZIELNI	K50-59	5	1		01:03:22	<b>02:16:15.85</b>	+01:03:28 (46.6%)	13:37	4.4 (53.7%)
44	<b>MICHALAK Małgorzata</b>	<b>44</b>	DZIEWCZYNY Z DZIELNI	K50-59	6	1		01:01:29		+00:25:19	12:17	4.9 (59.8%)

Znaleziono 44 wynik(ów)